



GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

APRIL 2018 VOLUME 9 ISSUE 4

\$2

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Back
from
crack
p. 5

Warming Center closing: a cruel hoax



by Elizabeth "Lit" Kurtz
Groundcover
Vendor #159

It wasn't April Fool's Day five years ago, but it did feel like a cruel hoax when I was informed that the Delonis Warming Center would close its doors to those who had found a haven there over the frigid winter months. I still recall watching in dismay as clients of the warming center were told that after a long winter respite they would once again be forced to live outside.

Clients viewed the closing date as one of impending doom. Despite posted announcements, no one is ever prepared to live on the outside. While some were able to get accepted into the shelter as a resident before the dreaded event, most were not so lucky.

GROUNDCOVER MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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The morning following the warming center closing that year was gloomy at St. Andrew's, where we all regularly met for the first meal of the day. Some people walked in wrapped in the blankets that had only partially shielded them from the cold early-spring temperatures. Others had no blankets and looked shell-shocked from their experience. The same people who had slept under warm albeit communal blankets had spent the previous night in places known only to them.

Lunch was no happier. I spoke with a freshly shaven middle-aged white male and quietly asked him where he had slept.

"Meijer," he reluctantly admitted. "How about you?"

"I don't want to say," I replied, becoming suddenly self-conscious and a little nervous.

He spat angry words at me. "I told you where I slept, now you can't tell where you were?"

I admitted that I had been in my car but was fearful about someone overhearing the locale where I slept through the night. I was concerned about safety. He seemed to understand and we continued quietly eating lunch from our trays.

I felt somewhat lucky. After all, I still had my 10-year-old car to sleep in when night fell, while too many of the people I had bonded with were forced to scatter like so many feral cats for cover. I scrambled around using my car to look for sleeping bags or blankets, offering them to anyone in need.

They included the young man who got up to go to work in a fast food restaurant while sleeping at the warming center. He had not made the cut and was now sleeping in a bathroom while he continued to hold on to his job. Another former client slept in a parking garage while maintaining employment. Some were fortunate enough to get sleeping bags and set up in the woods. There was talk of a place called Mercy House and nearly everyone was on a quest to find it. I experienced firsthand what only wild conjecture and hearsay had informed me of in the past.

The shelter did not – and still doesn't – extend to meet the critical needs of year-round safety. In fact, it was never designed to do so.

The warming center, at best, allows Delonis' repurposed cafeteria to be a place where clients can enter every evening at 9 and stay until 7 a.m. – a place where, even in the most frigid temperatures,

clients were expected to go back into the cold at daylight.

It has slowly dawned on me that what has become the ubiquitous model for warming centers around the country is short-sighted in concept and embedded in a belief that those experiencing the crisis of homelessness should only be given help in life-threatening circumstances. It does not take into account that allowing a person to just hang on is far from giving the full support needed to bounce back or transition with dignity through the devastation caused by the loss of a home.

Every year when the warming shelter closes I'm reminded that, despite the strides made in many other areas of our world, homelessness in the United States seems stuck in the public's perception that those experiencing it don't deserve humanitarian treatment. That it is normal for individuals to have to fend for themselves in the woods or even the urban landscape without assistance.

Although the limited warming center model is the norm, it seems draconian and anachronistic considering the level

see WARMING CENTER, page 10

LETTERS to the EDITOR

Business-friendly government toxic to democracy

Since President Trump took office last year, many of his proposed measures are either system-eroding or blatantly unconstitutional. Hopefully, electing more Democrats to Congress in

November will lessen the impact of these ill-informed measures.

Paul Lambert

Perpetuating stereotypes of rural America

I was recently reading through the February 2018 issue of Groundcover and was dismayed to find a political advocacy essay on "sandhill cranes" accompanied by an unoriginal political cartoon playing to the worst stereotypes about middle American rural communities.

While I understand you need to appeal to the sensibilities of bourgeois Ann Arbor, surely it would be prudent to keep the focus on "economic issues," which directly and viscerally connect to the real human tragedy

you are nobly struggling to alleviate, without needlessly alienating those of any particular background.

For the time being, I will certainly continue to purchase your publication in order to support the vendors, but if such cowardly attacks on the one group that it's safe to stereotype in the modern status quo continue, I'm strongly considering simply handing my money to vendors directly and telling them I can't support the publication itself.

Michael Marsh

Fermi 2 nuclear power plant safety risks

Dear Editor,

Thank you for the good article on "Fermi 2 safety risks" in the January 2018 issue. It is important that we raise public awareness of this unnecessary danger that many residents don't even know exists. Not only are renewable electrical sources available worldwide, but studies show they are much cheaper to build and maintain economically.

Despite public "official" comments that DTE has no plans to build Fermi 3, they continue along the path toward construction. They just renewed a permit to use millions of gallons of Lake Erie water to cool the proposed reactor and dump their chemicals back into the lake.

Studies now suggest that it would be cheaper for DTE to buy electricity

off the market than to build a Fermi 3 – or to continue running Fermi 2. A DTE stockholder who wishes to remain anonymous has put forth a resolution to the DTE Stockholders at their annual meeting in May to do a study on the economics of shutting down Fermi before their newly extended license expires in 2045. Let's send positive vibes so that happens.

I, for one, resent the fact that part of my electricity charges goes for reimbursing DTE for the over \$100 million dollars they spent to get the license for Fermi 3; the decommissioning of Fermi 2; the disposal of high-level waste; and DTE's request for reimbursement for price of their proposed unnecessary gas plant.

Jessie Collins, CRAFT co-chair
shutdownfermi@gmail.com

Martin Luther King, Jr. remembered: "A Drum-Major for Social Justice"

by Will Shakespeare
Groundcover Vendor #258

1968 was a monumental year in the social and political history of America. In late March, Martin Luther King, Jr. went to Memphis, Tenn., in support of a strike by black sanitary public works employees. On the night of April 3, in what turned out to be the last speech of his life, he reflected on the journey taken and the progress made by the African-American community since the 1955 Montgomery bus boycott. He also pondered what the future might hold for himself and his people.

"I've seen the Promised Land," Dr. King famously told his followers at Mason Temple Church. "I may not get there with you. But I want you to know tonight that we as a people will get to the Promised Land. And I'm happy tonight. I'm not worried about anything. I am not afraid of any man. Mine eyes have seen the glory of the coming of the Lord."

Dr. King was assassinated the next evening on the balcony of the Lorraine Motel. His assassination showed America how far away blacks were from the Promised Land, from King's Dream. Blacks in the United States, as a matter of everyday life, faced racism, discrimination, poverty, inequality, segregated public schools, hopelessness, lack of marketable job skills, segregated housing, and community redlining and disinvestment patterns.

As we commemorate this 50th Anniversary of Dr. King's assassination, and as we reflect on his famous Promised Land speech, it seems appropriate to recognize some of the significant progress that has been made in the last five decades of the civil rights movement.

The election and re-election of President Barack Obama gave hope to millions of Americans, especially the African American community. It was seen as significant progress. In a nation of about 46 million African Americans, a large proportion of this demographic group excelled over the years as teachers, lawyers, doctors, bankers, actors, actresses, musicians, pilots, astronauts, principals, administrators and other professions. Millions of working-class members achieved middle-class status until deindustrialization and cycles of economic depression led to high unemployment and community abandonment.

Today, the editor-in-chief of the *Har-*

vard Law Review is an African-American woman from Pittsburgh. The same title was held by former Harvard Law student Barack Obama a generation ago. Locally, the University of Michigan (U-M) Law School recently selected an African-American woman to be the editor-in-chief of the *Michigan Law Review* – the first in the journal's 116-year history.

Elsewhere at U-M, administrators, faculty, staff and students continue to work together in order to promote a positive and harmonious campus climate. Diversity, equity and inclusion have moved from rhetoric to action. U-M is moving in the right direction with many inclusive appointments, multicultural initiatives, equity maximization, K-12 science/technology initiatives, four-year scholarship programs for lower-income families, and nonpareil community engagement in order to address poverty, the healthcare crisis, inequality and other stubborn societal problems.

I believe Dr. King would be proud of the high level of commitment, volunteerism, community service and service learning at the U-M campus. It's also worthy to note that millennials seem to be setting a better example for grown-ups on questions of race, intergroup relations and conflict resolution.

But as we mark this special day with these reports of progress, we must remember how much work still needs to be done; that King's dream is far from reality. Racism and racial disharmony are still stains on the nation's fabric of peaceful co-existence. While it is true that there has been progress since 1968, many advancements are rife with contradictions and paradoxes.

Sadly, for far too many African American male students, the "school-to-prison pipeline" is a reality. Before Dr. King's death in 1968, the black prison population was less than 200,000. In 2018, the number of incarcerated blacks has grown to 2.5 million. As author Michelle Alexander noted, mass incarceration has a devastating effect on the black family. Segregated schools (separate and unequal) are fixtures of the cities-versus-suburbs divide. Similarly, housing and neighborhood segregation have real consequences. Social critics Douglas Massey and Nancy Denton referred to such segregation as "de facto" and "de jure" segregation.

Scholar William Julius Wilson documented many of these issues in his

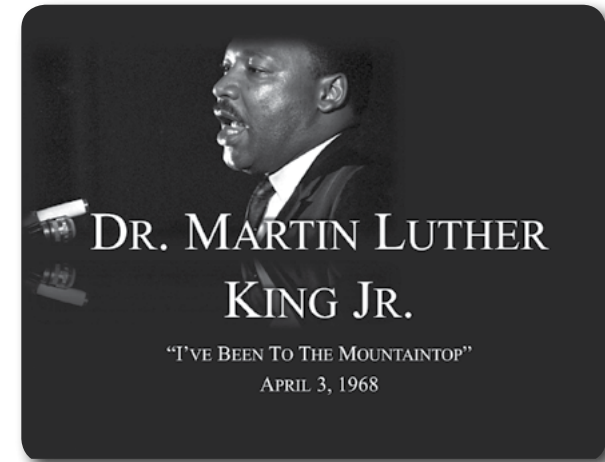
book, "When Work Disappears." The reality of today, says Wilson, is that we live in an economy that has created a pyramid of few upper- and lower-middle-class blacks, and millions of poor and homeless blacks.

The Memphis Flyer reported that April 4, 1968 was a sunny day. The morning sun was glorious. It had rained heavily for several days in the previous two weeks and the city welcomed the rising sun with silent gratitude. Dr. King was in a good mood. When he looked down from the balcony of the Lorraine Motel, he saw a musician named Ben Branch. With a big smile, he said, "I want you to play 'Precious Lord' tonight – play it real pretty."

King was very sick that night before his assassination. According to *The Flyer*, "King was supposed to speak at the Mason Temple Church. However, he was lying in bed at the Lorraine Motel on Mulberry Street, complaining about not feeling well. But the temple was packed with people who wanted to hear King, their leader, speak to them."

As the account goes, King finally got himself out of the bed and hurried to the Mason Temple Church. It was there that he reminisced about the accomplishments of the civil rights movement of the 1950s and 1960s. He looked very tired and very ill as he addressed the crowd.

"If I were standing at the beginning of time," said King, "and the Almighty said to me, 'Martin Luther King, which age would you like to live in?' Strangely enough, I would turn to the Almighty and say, 'If you would allow me to live a few years in the second half of the 20th century, I will be happy.'"



Sadly, at 6:01 p.m. Memphis time, he was shot. The paramedics rushed him to the hospital. At 7 p.m. he was pronounced dead.

On the day of MLK's funeral in Atlanta, Dr. Benjamin Mays, his Morehouse College President and mentor, read Dr. King's self-written eulogy. King did not want the world to hear that he had a Ph.D. from Boston University or a Nobel Peace Prize. He wanted the world to remember him as someone who spent his whole life trying to love somebody. He wanted the world to remember him as someone who saw hatred, injustice, poverty and inequality, and fought to bring hope to the poor and the desperate. Above all, he wanted the world to remember him as "A Drum-Major for Social Justice."

Those wishing to carry King's legacy forward through the revived Poor People's Campaign (PPC) can join the campaign's mass meeting on April 8 from 2-4:30 p.m. at UAW Local 898 Hall, 8975 Textile Rd., Ypsilanti. Weekly informal coffee meetings continue on Fridays, 2:30-4:00 p.m. at the B24s Coffee Shop located at 217 W. Michigan Ave, Ypsilanti and at Genesis of Ann Arbor on Thursdays, 6:30-8:00 p.m. Genesis of Ann Arbor is at 2309 Packard St, Ann Arbor, MI 48104. The PPC meets in the Lower Level, Rooms 9-10.



Point-In-Time debrief reveals declining homelessness but family peril

by Will Shakespeare,
Groundcover Vendor #258

David Goldbaum, Health Economist,
Health Care Research

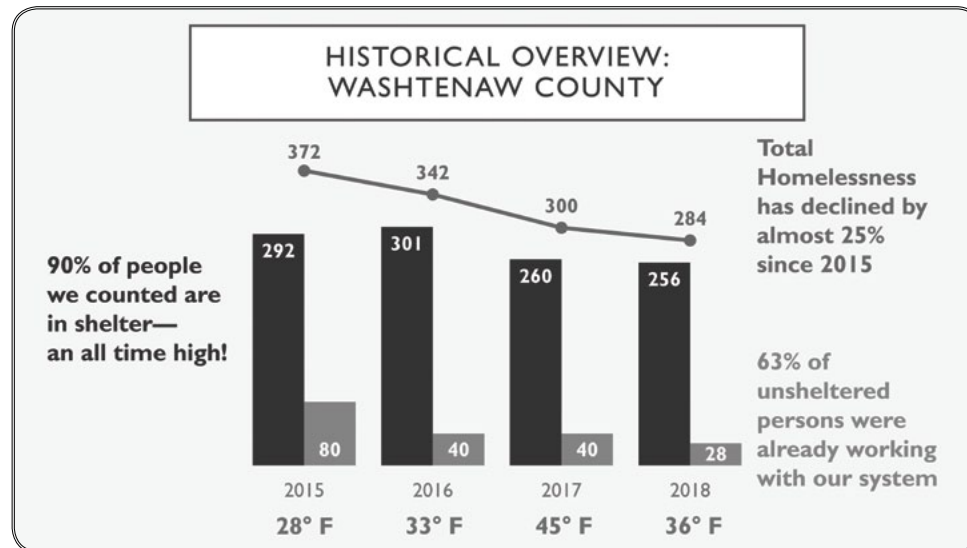
On February 28, 2018, Washtenaw County community leaders and local non-profits gathered at Washtenaw Community College (WCC) to glean inferences from the County's recently collected homeless population data and get updates on the efforts of various social service agencies, including non-profit community organizations.

The 2018 Point-In-Time (PIT) count, conducted by 45 volunteers and staff in the early morning of January 31, showed that the number of unsheltered homeless people is going down, while the number of sheltered homeless people (256, which excludes people doubling up with friends or family or paying for their own motel rooms) is going up.

Since 2015, there has been a 25 percent decline in homelessness in the county, and a 24 percent decline for the state. Only 28 people were found in the county this year sleeping in places not meant for human habitation such as tents, cars and condemned buildings. Only one veteran and no families or unaccompanied minors were found unsheltered this year!

The downward trend in unsheltered homelessness and corresponding increase in sheltered homelessness is being largely attributed to changes in shelter policy and management. Sobriety standards were relaxed for the winter and most people who were barred for rules transgressions during the year were automatically given a second chance when the warming center reopened in late fall. Dan Kelly, the new Executive Director of Robert J. Delonis Center (Ann Arbor's homeless shelter), attributed the decline in unsheltered homelessness to being better able to calm agitated clients through increased staff training and having additional senior staff on hand at the shelter during nights and weekends.

Efficiency improvements to Housing Access for Washtenaw County (HAWC), the single point of entry for services for people experiencing homelessness or in danger of eviction, were also credited with decreasing unsheltered homelessness. The HAWC intake



Each year since 2013, Washtenaw County has conducted a Point-In-Time (PIT) count to estimate the size and makeup of the homeless population in the county. The above graph shows significant strides made, though the numbers do not tell the whole story.

personnel refer callers to the agencies most likely to meet their needs, including the Delonis Center, Avalon Housing and SOS Community Services.

HAWC received 23,000 calls in 2017 – up from previous years. They helped 400 people through various homelessness prevention and move-in assistance programs. They referred 550 homeless individuals to the Delonis Center and assessed 195 households for shelter in 2017.

The focus on housing veterans, chronically homeless people and people who are frequent users of emergency services in the last few years resulted in the housing of many people who needed some additional help to stay housed. Avalon contracts with the Ann Arbor and Ypsilanti Housing Commissions to provide the vast majority of those services to their clients as well as to those who live in Avalon properties. Avalon served approximately 760 clients in Washtenaw County in 2017.

Along with maintenance and property management, Avalon is focusing on issues of aging in place (geriatric care) and child welfare.

“Forty percent of people who interact with the child welfare system end up homeless,” observed Aubrey Patiño, executive director of Avalon.

Related concerns were expressed by Barbara Niess-May, executive director of SafeHouse, which provides shelter for victims of domestic violence. Only 30 percent or so of the SafeHouse Center residents find housing within 90 days. Survivors with children stay approximately 40 percent longer due

to their increased challenges in finding housing. Approximately 70 percent of survivors return to living with their assailant; sadly, HUD considers such individuals successfully re-housed.

SafeHouse was paged 1,200 times last year to accompany police on 911 domestic violence calls. They helped 5,000 families navigate the legal system, work through trauma and find options for living away from their abusers. They find that some of their families also need supportive services and are pursuing grant funding so they can also contract with Avalon.

Amanda Carlyle of Washtenaw Housing Alliance alerted the conference participants to the need for more affordable housing in the area. Her data shows that an unsheltered homeless person would need to earn \$18.50 an hour in order to secure affordable housing in Ann Arbor.

Carlyle also said that this year's priorities will be on diversion (keeping people housed so they don't become homeless) and housing families and unaccompanied youth.

The recent PIT-Count debriefing session at WCC was highly informative. Attendees said they felt encouraged by the meeting as well as by homelessness trends in the county. Wise people say, “Hope springs eternal.” Let us hope that next year's PIT-Count Conference will continue to show remarkable improvements. Thanks to all individuals, government agencies and community organizations working to secure a better future for Washtenaw County's homeless and vulnerable population.



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Bethlehem-ucc.org facebook.com/bethlehemucca2

Bethlehem Church is home of the Groundcover office

April 2018 EVENTS:

- April 1** Easter Sunday
Sunrise Service at Bethlehem Cemetery, 7 a.m.
Easter Service at Bethlehem Sanctuary, 10 a.m.
- April 5 & 19** Bethlehem Prayer Circle, 11:30-12:15
- April 14** German Pretzel Sales, 10:30 – 12, \$1 or \$10 dozen
Call to pre-order at 734-665-6149
- April 19** ONA Movie Night “Saturday Church” 7 p.m., Cinema room
A boy struggling with gender identity and religion discovers his passion.
- April 23** Life Choices presentation, 7 p.m., remaining independent in your own home.
- April 27** German Pretzel Sales, 11 – 1:30, \$1 or \$10 dozen
Call to pre-order at 734-665-6149



Sunday Worship Times
8:30 a.m. Chapel
10:00 a.m. Sanctuary
10:15 a.m. Sunday school
Coffee Connection follows each service

a just world for all

Back from crack – rebuilding my life and family

by Tabitha L.

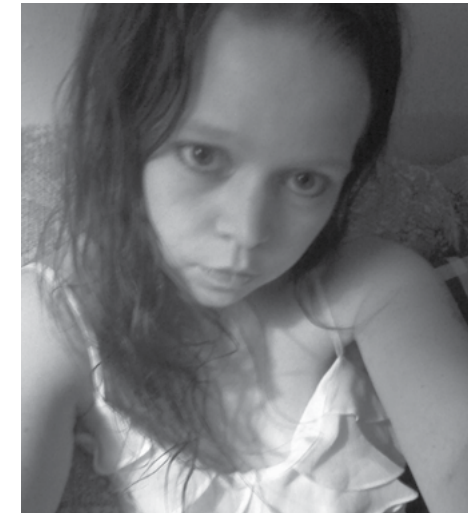
Groundcover Vendor #360

I'm going to tell you about myself. My name is Tabitha L., Groundcover News Vendor #360. I'm 28 years old. I'm from Ypsilanti and came to Ann Arbor two years ago.

I have three children – one boy and two girls. Thomas is 10, Angel is seven, and Sofina is three. My father has Thomas and Sofina. Angel is with her father.

I gave Thomas and Sofina to my dad in January of 2016 when I became addicted to crack. I had no income at the time and was selling myself to be able to get my drug. I crashed where I could – under the bridge, in the hospital waiting room or under the steps with other drug-smokers. I just got done doing nine months in Washtenaw County Jail (the Hogback Hilton) for a possession charge.

I have been clean for a little while now and am starting to get my life back together. I found an amazing man that



This photo was taken of Tabitha when she was still struggling with drug use. The cover photo was taken recently.

has been helping me out with staying clean. Me and Joe [another Groundcover vendor] have been engaged for 16 months.

I am working on getting a bigger place so I can get my kids back. My goal is to have them back by the end of this year. So, I ask you all to help me help myself and come buy some papers from me.

Lord,
forgive
me

by Tabitha L.



Lord forgive me for all the sins I've made

please help me take the desire away

cuz I don't want it no more I don't

and Lord forgive me for all the mistakes I've made.

The power to change



by Kevin
Spangler

Groundcover
Vendor #307

It is my belief that if you are not happy, you have the power to change it. So, I am really getting into the idea of jumping into higher vibrational realities. I feel this is the only way to change the course of Earth's future. I have found that it is each individual's responsibility to save their own world.

Sometimes we are in this box where we believe we can't do anything – but we can. We just have to shake off the shackles and self-reflect on what we can do on a daily basis to improve our lives.

As you know, I started Boober Pedicabs two years ago, creating earth-friendly transportation and jobs for people from off the streets, and it's amazing to see my business making positive change. On March 6, we threw a Boober Mardi Gras bar crawl to celebrate our anniversary. At the celebration we rolled out a trailer we pull behind the pedicab that holds

another 10 people. The trailer took a few months to fabricate and the awesome team of Brandon the welder and Devin Schiller created the safest trailer in existence. We did it using things we found around town and reused them. Everyone says they thought the pedicab was amazing, but the trailer is 10 times more amazing. April is a big month for Boober because that is the time we start bringing money in again.

As the season gears up, I have been experimenting with a new diet consisting of one meal a day right before bed. This diet is similar to intermediate fasting which helps to build human growth

hormone and testosterone and helps muscle to grow without chemicals. I ended that phase of the diet with a three-day water fast with sole water containing 90 trace elements. On the fourth day, I had three juices then a smoothie followed by tuna. Now I am in a ketogenic state. I plan on cutting my weight to 215 pounds of solid muscle. Then I'll go back to juicing twice a day and eating one meal at night a few hours before sleep. I also plan on going to the gym three times a week.

see CHANGE, page 11

Strange (but Mostly True) Stories About a Mother and her Daughter • Cy Kloné © 2018



Community Supported Agriculture – meet the original Ann Arbor CSA

by Karen Chalmers, Aquillon Hetrick and Petar Simic
Community Farm of Ann Arbor

Despite the ever-changing cultural norms of American life, Community Farm of Ann Arbor takes seriously our mission of connecting human beings to each other, to their food and to the earth.

Over 25 years ago, Community Farm of Ann Arbor became the first Community Supported Agriculture (CSA) organization in Michigan. In Community Supported Agriculture, members support a farm and the farm supplies food, which the members share. This changes food from a commodity that is bought and sold to food as a gift of life to be shared.

Because the members give their support at the beginning of the season the farmers can concentrate on doing what is best for all instead of being distracted and worried by market conditions. If it's a bad year for green beans, the farmers don't lose the farm – everybody just has fewer green beans. It may, however, be a great year for tomatoes so members get more tomatoes.

The farm is governed by consensus. When voting on farm issues, each farmer has one vote and each member has one vote, creating a community where all contribute equally to important decisions. Members have many opportunities to interact with their farm and each other – at food pick-up times, festivals and special events.

For the last eight years, Community Farm has hosted the ninth-grade class of the Waldorf School. Students spend a week on the farm, camping on the land and doing agricultural work dur-



Last summer's Community Farm spinach harvest was washed by Mark Abrams prior to being divided among the farm's share members.

ing the day. These field trips are funded by Chrysalis, the educational arm of Community Farm. Chrysalis supports public school field trips, talks, lectures and student internships. The student internship program gives young adults the opportunity to spend a summer on the farm, allowing them to create their own schedule and explore their own passions and agricultural pursuits with mentorship from the farmers.

Community Farm has been biodynamic for 30 years. Biodynamic means "life forces," and as developed by Rudolph Steiner, recognizes and respects all the different life forces that surround and support the farm. The farm is seen as one living organism where everything is interconnected. When our plants are threatened by pests or fungal problems, for example, we use herbal ferments to promote balance.

Animals also play a big role on the

farm. One way is by giving manure, which we turn into compost to then fertilize the fields – which means there is no need to import fertilizers or chemical sprays. It is a joy to see children running through the fields knowing that whatever they put in their mouths is safe and nutritious for them to eat. This type of food truly feeds the body and the spirit.

Community Farm will be celebrating

spring with an Open House on Saturday, May 5, from 11 a.m. to 3 p.m. Come see the farm – meet the farmers, the animals, some of the plants, some of the members – and experience the spirit of the place: the community. Come dance the Maypole! Dress for being outside on the earth. Bring gloves. Come eat some delicious, farm-made pizza from the outdoor brick oven.

Anne Elder and Paul Bantle, the founders and first farmers of Community Farm, recently retired after 26 years. Come meet the new farmers, Aquillon Hetrick, Petar Simic and Ann Arbor's own, Marly Spicer-Schneider. The CFAA is located at 1525 South Fletcher Rd., in nearby Chelsea. Call us at 734-433-0261, write to communityfarminfo@gmail.com, or visit communityfarmofaa.org.

(CSA Day at the Ann Arbor Farmers Market is Saturday, April 21. CSA farmers will answer questions, provide information and explain what makes their CSA unique. Produce shares typically cost from \$450–650 per share and often include a weekly box of 7–10 vegetables and/or fruits, or enough to feed a family of two to three. Many CSAs offer half-shares as well and some offer meats and dairy products.)

... NATIONAL ... POETRY MONTH APRIL

Follow the sound of the bell

by Susan Beckett
Publisher

Lacerated souls buttonholed.
Past mistakes reverberating,
enervating, debilitating.

Arranged to pique, to teach, to entertain.
Stutter-stepping, shamed and oft regretting
Oscillating, tessellating,
gravitating beyond
Remorse, into stillness, space. Beckoning
the next act to supplant, replace, reinvigorate
a future once imagined
but
long ago forgotten or abandoned.

BLINDINGLY BEAUTIFUL BY CHRIS SPLASH GROUND COVER CONTRIBUTOR

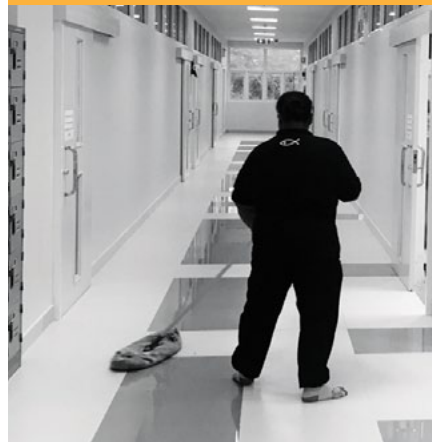
Blindly beautiful
So I close my eyes and feel the breeze
God speaks in studio
In the trees are symphonies
Maestro winds of chorus
Uplift cathedral halls of majestic forests
All these blessings for us
if only we believe
In the wind that chillz the bone
In the ice that cracks the stone
Set the boat to sail the sea
The rising tide that ebb and flow
Conducting chimes sway along
God whispers a melody
The world is we are as one
We can be free in unison

Not A Drinking Problem

by Chris Splash

I need a lobotomy
To sort through dichotomies
Inside of me
I need an armory
To break through clogged arteries
Dig into the heart of me
An augury
To clear the fog for me
See what's stopping me
Divine for me
What's harming me.
Too dark to see
The two sides arguing
Who is winning
Am I dying or living
Nearing the end or beginning
The web keeps spinning
I'm caught in it
Paralyzed by the poisoning venom
of indecision this body's prison
Victimized by my own mind
A war's within him.

WE NEED YOUR HELP!



In Washtenaw County,
14% of our citizens
live in poverty.
Another 23% struggle
to make ends meet.

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United Way
of Washtenaw County



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United Way
of Washtenaw County



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Planning for the journey



by Rev. Dr.
Martha Brunell
Groundcover
Contributor

Some of Benjamin Franklin's best-known words pair death and taxes: *In this world nothing can be said to be certain, except death and taxes.* With that line in mind, National Healthcare Decisions Day (NHDD) was founded and first celebrated on April 16, 2008 – the day after Tax Day. Each year since then, on April 16 and sometimes for the whole week in which it falls, activities and programs increase our awareness of and participation in the advance care planning process. This planning includes documents called advance directives. Organizers of NHDD state that it “exists to inspire, educate and empower the public and providers about the importance of advance care planning.”

Your life, my life, all of our lives resemble journeys of different lengths. Our life journeys have varied seasons with

a mix of easy and hard days, times and events that we plan for and others that surprise us. As we make our way, we can sharpen our sense of what matters most to us, what we value, what goals we have and what it is that offers our lives meaning.

Advance care planning embraces a commitment to journey toward our future unknown health realities and medical needs with intention and clear communication concerning what it looks like for each of us to live well and to die well. Advance care planning invites us to identify our choices for possible future medical treatments and care, for what-ifs that we may face in the years to come.

It invites us as well to name a decision-maker, known as a power of attorney for healthcare, an agent or a proxy. That decision-maker will take responsibility for our choices if we are ever unable to speak and decide for ourselves. The documents we fill out to record chosen treatment and care options and to record our decision-maker are advance directives. In advance care planning, we engage in multiple

ongoing conversations to make known our priorities, to talk them through with our family and friends, our medical providers and perhaps our spiritual leaders, and then to write them down clearly, completely and accurately. Advance care planning is also about storing those documents where they are easily accessible for when they are needed.

We do not journey alone. Daily we journey toward our future in the company of others. Advance care planning involves a mutual exchange of promises, a covenant of care. The person at the center of this process promises to plan and to prepare ahead for what may be difficult moments of medical choices. He or she takes the time to discover, discuss and decide about core personal preferences for possible future medical treatment and care.

The process then involves the documentation of those preferences and the distribution of those documents – advance care directives – among family, friends, medical providers and spiritual leaders. Every personal or professional connection in that per-

son's circle of support, especially the designated decision-maker, promises in return to honor and carry out those stated preferences. In this challenging but essential process we exchange vital and vulnerable gifts. At its heart, advance care planning is a partnership of listening well.

Long before any of us find ourselves facing a serious health issues or crisis, we are wise to engage in advance care planning. Advance directives are appropriate for all adults 18 years and older. Our advance directives may well shift over time, reflecting further steps, new circumstances in our journey. The best time for advance care planning is here and now.

The tagline for National Healthcare Decisions Day 2018 is: “It's always too early, until it's too late.” If you would like more information or have questions about advance care planning, advance directives or National Healthcare Decisions Day, feel free to contact me at marthabrunell@gmail.com, check for information online, or be in touch with local hospitals or hospice and other palliative care programs.

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3	5		4					
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Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

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- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcover News

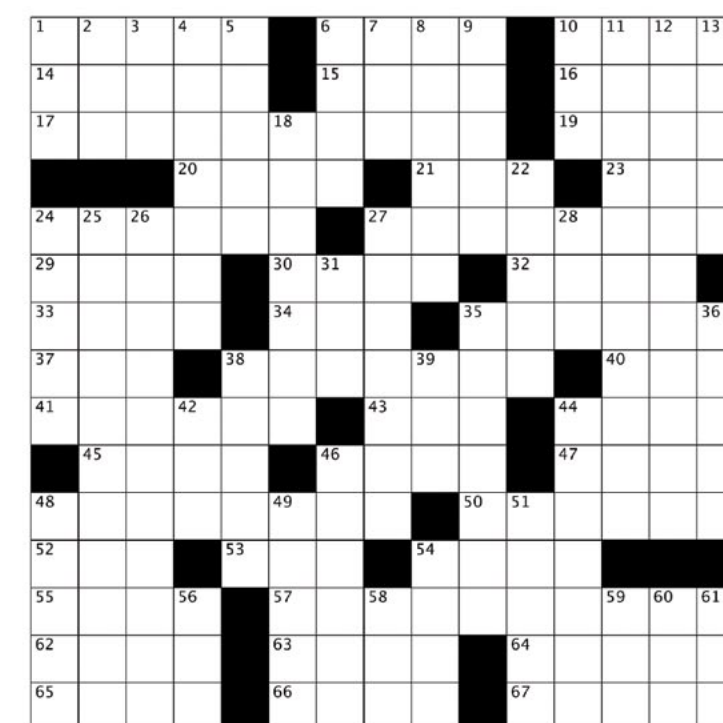
vendors, especially vendors who have been suspended or terminated.

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- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
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- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

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Double Hooks Peter A Collins



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ACROSS

- “___ of a Salesman”
- ___ Mater
- Aide: abbr.
- Big name in lawn care
- Tear partner
- Lobster appendage
- “Ulysses” writer
- Informal restaurant
- Genuine
- Carrier of genetic info
- Center of gravity?
- Totem pole position
- “I Love Rock ‘n Roll” singer
- Calculus calculation
- Privy to
- Not any
- Apple bagger of note?
- Greek “I”
- Math class superscripts
- Rock and Roll’s is in Cleveland, OH
- First U.S. Supreme Court Chief Justice
- Winery vessel
- Having magnitude only
- Soup container
- Idiot
- Some Christmas ornaments
- Sample sent to a record exec
- Entrepreneur Musk
- Singer in an eponymous “Brothers” band
- Inconsequential
- Dog breeder’s org.
- “...neither a borrower ___ a lender be”
- One with a sheepskin
- Royal decree
- Talk show host of the 1990’s–2000’s
- ___ up (admit guilt)
- Leave out
- Connect
- Between ports
- Hairy Himalayan
- Cause of some March madness, for short?

DOWN

- Atty. General’s cabinet division
- Historic period
- Banking device
- Part of BTU
- Old Testament book
- Army absentee
- Bob of ESPN
- Hollande follower as France’s President
- Sports venue
- Duke’s org.
- Spartacus led one
- One involved in many a close shave
- Message with a hashtag
- School employee
- Bug
- Thin strips of metal
- Popular treats in a blue package
- Social worker’s assignment, maybe
- Moves joltingly
- Jab target
- Casual turn-down
- Impressive display
- Emotionless
- Argonauts’ leader
- Breakfast spread
- ___ Ranch (Texas location)
- Triple Crown component
- “Say I won’t!”
- Israeli port city
- Mudville emotional state?
- Served with dipping gravy
- Prefix with freeze
- Air marshal’s org.
- Small complaint
- Small bite
- Pilot’s guess, briefly
- One might come between a bump and a spike



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Local hero Alan Haber and his long campaign to preserve downtown Ann Arbor

by Thomas King

Groundcover Vendor #439

This interview is based on conversations with Alan Haber in 2016-17.

Alan Haber (AH): My father – Dean of the College of Literature, Science and the Arts at the University of Michigan – had worked on President FDR's New Deal policy. After World War II, my father was invited by the United Nations to visit war-torn Europe to assist in creating the language which would [define the contours of] the new Germany. My father was allowed to bring family members, so I went with him.

1948! War-torn Germany! The Soviets had cordoned off East Germany. Nobody could get in, nobody was getting out. Fearful that widespread famine was imminent, the Allies began round-the-clock airlifts into East Berlin, dropping food and other necessities. Sitting in an army barrack, peering out of a window at an airstrip, I witnessed huge military planes taking off, every hour, day and night. I was 11 years old.

Groundcover (GC): Alan, I really think



Local activist Alan Haber in downtown Ann Arbor collecting petition signatures for a ballot proposal to keep the open space adjacent to the downtown library for public use.

you are superhuman. Can you help me out and tell me where you were born and who were your parents?

AH: East Lansing. Emigres from Romania and Lithuania.

GC: I first met you on the sidewalk in front of the People's Food Co-op. You were promoting street democracy. A

couple of years ago you told me about traveling to war-torn Germany as a child. How did that experience shape your life?

AH: Made me against war ...

GC: I once invited John Sinclair to one of your "Commons" rallies at the parking structure between Earthen Jar

and the Ann Arbor District Library. I told him you were trying to prevent a 17-story skyscraper from being built on the parking lot. John said (not disparagingly), "He was doing that 50 years ago." Is that funny or true?

AH: Fifty years ago, they [the Ann Arbor City Council] were trying to build that monstrosity on Maynard and I lived across the street. I didn't want that one, either ...

GC: Most of the time you are jovial towards me, but every once in a while you seem fed-up with humanity. What determines that dichotomy?

AH: I had just got out of a meeting with the mayor at a City Council [meeting].

GC: I just love you so much, I wish I could afford to construct a statue of your likeness in bronze or gold. Where would you like a statue like that placed?

AH: (smiles)

GC: What question should I ask you?

AH: Not that last one. I don't want a statue.

Warming Center seasonal closure jeopardizes homeless

continued from page 2

of awareness and compassion from which even animal companions benefit. This seasonal approach to homelessness is crippling and undermines the most critical needs of survival.

Even when operating at its best, there is a lack of such necessities as adequate shower time or laundry access. Clients are roused from sleep throughout the night and into the wee hours of the morning to take showers. This process interrupts an already difficult sleep pattern, which reduces the quality of the remainder of one's day. Laundry for the dozens of clients is based on scheduled slots so rigid that few actually benefit from it.

But even if the process requires much-needed tweaking, at least it gives overnight protection from the elements during the critical winter months, un-

doubtedly keeping the homeless deaths over the winter from reaching epidemic levels – which would give even a wary public notice.

So, every year with the warming center's announced seasonal closing, any gains that were made by clients deteriorated over the spring, summer and early fall. Sleep-deprived individuals would not be allowed to nap in libraries or other public spaces such as the bus station. I would witness in dismay people who had been jovial, coherent and pleasant lapse into states of confusion, even incoherency.

Just as April Fool's Day predictably occurs each year on April 1, so does the inevitable time arrive when warming centers around the country close their doors. That the Delonis Center closing happens this year on the precise date when hoaxes are at their peak seems telling.

The website onthisday.com states that "April Fool's Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes."

Those who are in the midst of homelessness are the most vulnerable to being blindsided and caught unawares by, in this case, an artificial timeline that is grossly out of sync with human nature.

So perhaps it is appropriately fitting that the date of this year's warming center closure is April Fool's Day, symbolizing the cruel hoax that is foisted on thousands of Americans every year and, sadly, in our town.

Indeed, calling this practice an "artificial timeline" does not adequately convey the brutality of the elements, or the manner in which the closing contributes to chronic homelessness and catches many unaware when they are cruelly forced back outdoors. Chronic homelessness contributes to a shortened lifespan for those who are caught in its grasp.

It's time to stop the fooling and get real about ending this crisis once and for all by providing adequate year-round emergency space for all those in need of it.

This article in its entirety will be adapted and included in my hoped-to-be-released book entitled "Out Here and Other Essays from a Street Vendor," where my personal stories often coincide with the articles I write for Groundcover News.

Library Lot status challenged, in flux

by Susan Beckett

The Ann Arbor City Council voted in 2017 to sell the downtown library lot for \$10 million to Core Spaces, a developer who plans to build a 17-story building on it. Citizen-activists have been circulating ballot proposal petitions to keep the space for public use. If the proposal gets on the ballot and voters approve it, the City Charter will be amended to keep the area between Fifth Ave, William, Division and Liberty Streets in public ownership.

Enough signatures were collected to get it on the ballot last November but the City Attorney disqualified all the signatures (including the first) of the 433 voters who signed more than once, leaving them short by 206. They are now seeking legal help to challenge the City Attorney. They are also collecting signatures again and are on track to get enough validated signatures by mid-April to get the measure on the ballot in November of 2018.

Sale of the lot will not be finalized until the site plan is approved. Once the ballot petition is certified, sale of the lot will be suspended until after the November vote.

City Council members have pointed out that apartments in the building will provide much-needed affordable housing and that \$5 million from the sale of the lot will go into the Affordable Housing Fund.

"Public land is precious and should be safeguarded, especially the center of the city," said activist Alan Haber of the Ann Arbor Committee for the Community Commons. "The City's intention to assign half the sale price to the Affordable Housing Fund is no solution or even a significant contribution to affordable housing needs. Affordable housing needs a regular, committed revenue stream, such as a percentage of parking revenues or Hotel Tax or something similar that demonstrates an ongoing commitment to affordable housing, including low-income housing."

Housing activists look forward to the replenishment of the depleted Affordable Housing Fund.

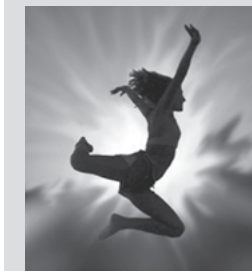
"The addition of \$5 million to the City's Affordable Housing Fund could be used for a variety of affordable housing projects, including for acquisition, rehabilitation or new construction. The intent of those funds is to leverage other funds, such as Low-Income Housing Tax Credits or other state and federal funding resources, so it could go a long way in leveraging millions of other dollars for affordable housing development in the City," said Amanda Carlyle, Executive Director of the Washtenaw Housing Alliance.

The power to change

continued from page 5

This diet is totally outside the box. I have learned so much about the body and I believe it is the only sustainable diet. Eat as many fruits and vegetables as possible from your farmers market or grow your own, and get some form of regular exercise.

If we all unite in seeking to attain a human revolution starting with ourselves, we will be able to even affect our leaders to better govern ... or not have anyone at that level to depend on at all. When you raise your vibration you will start to see little changes in your life, small things like no more pain, anxiety or depression. We are entering into a very exciting time for the future and it looks bright. Hop on Boober to hear more of the story.



PUZZLE SOLUTIONS

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7	3	4	5	1	2	9	6	8
8	6	5	9	7	4	1	3	2

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14	O	R	T	H	O	W	E	A	R	C	L	A
17	J	A	M	E	S	J	O	Y	C	E	C	A
20	R	E	A	L	R	N	A	V	E	E		
24	L	O	W	M	A	N	J	O	A	N	J	E
29	A	R	E	A	I	N	O	N	N	A	R	Y
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37	H	O	F	J	O	H	N	J	A	Y	V	A
41	S	C	A	L	A	R	C	A	N	B	O	Z
45	O	R	B	S	D	E	M	O	E	L	O	N
48	J	O	E	J	O	N	A	S	P	A	L	T
52	A	K	C	N	O	R	A	L	U	M		
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62	F	E	S	S	O	M	I	T	U	N	I	T
65	A	S	E	A	Y	E	T	I	S	T	P	A

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Rhubarb pie

by Elizabeth Bauman
Groundcover Contributor

Ingredients:

3 cups rhubarb
1 cup sugar
1/2 teaspoon grated orange peel
3 tablespoons flour
Dash of salt
2 tablespoons butter
9-inch piecrust recipe of your choice
(you will need enough for lattice)
Great crust recipes can be found in cookbooks.

Directions:

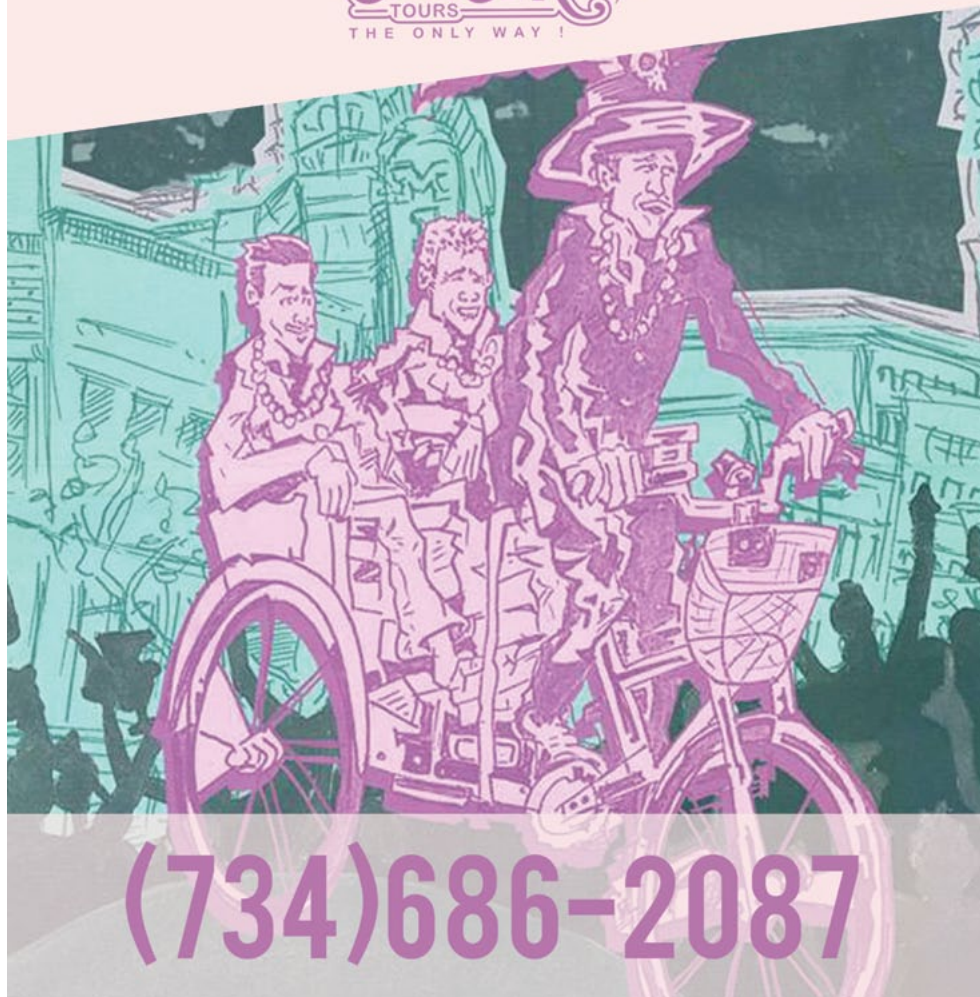
Preheat oven to 400 degrees.

Mix first 5 ingredients together in large bowl. Transfer to pie pan lined with crust. Dot with 2 tablespoons butter cut into small pieces. Add lattice crust, flute edges by pressing fork tines flat against the top and bottom crust around the pan rim. Bake at 400 degrees for 40-50 minutes.

Serve warm or cooled. Great with vanilla ice cream!

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